

Melatonin

Time Release

Fall Asleep and Stay Asleep

5 mg

Product Summary

Melatonin plays a major role in the circadian regulation of the sleep-wake cycle, and has proven critically important for both initiation and quality of sleep, with supplementation improving sleep in healthy individuals and in those with insomnia, as well as preventing phase shifts due to jet lag or rotating work schedules.¹ Time release melatonin improves not only the initiation of sleep, but its longer plasma half-life helps to maintain and improve the quality of sleep.

Melatonin is particularly effective in older individuals, regardless of endogenous melatonin levels, in both the short and long term, with improvements in sleep quality, morning alertness, sleep onset latency and quality of life, with no relevant adverse effects or dependency.^{2,3} It has been shown to improve sleep quality in children with diverse sleep complaints, including delayed sleep phase syndrome and impaired sleep maintenance, or other sleep related disorders.⁴⁻⁷ Melatonin has diverse physiological benefits, including improved bone mineral density in those with osteopenia, reduced depressive symptoms in women undergoing breast cancer surgery, and lowered hepatic enzymes in those with non-alcoholic steatohepatitis.⁸⁻¹⁰ Time release melatonin has had clinical improvements in mood in those with sleep disturbances, as well as cognitive performance in those with Alzheimer's disease.^{11,12}

Unique Features

- Clinically shown to improve sleep quality, morning alertness, sleep onset latency and quality of life, with no adverse effects of dependency
- Supplementation linked to improved mood and cognitive function among those with impaired sleep
- Provides 5 mg time released melatonin per tablet
- Time release formulation sustains plasma levels for a longer period, enhancing sleep initiation, maintenance, and quality
- Suitable for vegetarians/vegans

Melatonin

Time Release

60 Tablets

Code: 9290

NPN: 80068454



Actual size: 8.03 mm diameter
Feature: Non-animal source

Supplement Facts

Serving Size: 1 Tablet
 Servings per Container: 60

Each Tablet Contains:

Melatonin (Non-Animal Source)5 mg

Non-medicinal Ingredients: Dibasic calcium phosphate dihydrate, microcrystalline cellulose, carbohydrate gum [cellulose], vegetable grade magnesium stearate (lubricant).

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, animal products, salt, tree nuts, or GMOs. Suitable for vegetarians/vegans. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

Recommended Adult Dose: 1–2 tablets per day at or before bedtime, or as directed by a health care practitioner. Do not drive or use machinery for 5 hours after taking melatonin. For use beyond 4 weeks, consult a health care practitioner. **Jet Lag:** Take once a day at bedtime after darkness has fallen, while travelling, and at destination until adaptation to the new daily pattern. For occasional short-term use.

Recommended Use: Helps increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, e.g. shift-work. Helps to prevent and/or reduce the effects of jet lag (e.g. daytime fatigue, sleep disturbance) for people travelling by plane easterly across two or more time zones. Helps reduce the time it takes to fall asleep (sleep onset latency aspect of sleep quality) in people with delayed sleep phase disorder. Helps reset the body's sleep-wake cycle (aspect of the circadian rhythm).

Contraindications: Consumption with alcohol, other medications or natural health products with sedative properties is not recommended. If you are taking one of the following medications, consult a health care practitioner prior to use: anticoagulant, anticonvulsant, blood pressure medications, immunosuppressive medications, sedative, hypnotic or psychotropic medications, or steroids. If you have one of the following conditions, consult a health care practitioner prior to use: asthma, cardiovascular disease, chronic kidney disease, depression, diabetes or hypoglycemia, hormonal disorder, immune system disease, liver disease, migraine, or seizure disorders. If symptoms persist continuously for more than 4 weeks (chronic insomnia) consult a health care practitioner. Mild gastrointestinal symptoms (such as nausea, vomiting, or cramping) have been known to occur, in which case discontinue use. Rare allergic reactions have been known to occur, in which case discontinue use. Do not use if you are pregnant or breast-feeding. Keep out of reach of children.

Drug Interactions: Caution should be used when taking melatonin with other sedatives, as they may have a combined effect.

References:

- Costello RB, Lentino CV, Boyd CC, et al. The effectiveness of melatonin for promoting healthy sleep: a rapid evidence assessment of the literature. *Nutr J*. 2014 Nov 7;13:106. doi: 10.1186/1475-2891-13-106.
- Wade AG, Ford I, Crawford G, et al. Nightly treatment of primary insomnia with prolonged release melatonin for 6 months: a randomized placebo controlled trial on age and endogenous melatonin as predictors of efficacy and safety. *BMC Med*. 2010 Aug 16;8:51. doi: 10.1186/1741-7015-8-51.
- Wade AG, Ford I, Crawford G, et al. Efficacy of prolonged release melatonin in insomnia patients aged 55-80 years: quality of sleep and next-day alertness outcomes. *Curr Med Res Opin*. 2007 Oct;23(10):2597-605.
- Wasdell MB, Jan JE, Bomben MM. A randomized, placebo-controlled trial of controlled release melatonin treatment of delayed sleep phase syndrome and impaired sleep maintenance in children with neurodevelopmental disabilities. *J Pineal Res*. 2008 Jan;44(1):57-64.
- Carr R, Wasdell MB, Hamilton D, et al. Long-term effectiveness outcome of melatonin therapy in children with treatment-resistant circadian rhythm sleep disorders. *J Pineal Res*. 2007 Nov;43(4):351-9.
- Chang YS, Lin MHZ, Lee JH, et al. Melatonin Supplementation for Children With Atopic Dermatitis and Sleep Disturbance: A Randomized Clinical Trial. *JAMA Pediatr*. 2016 Jan;170(1):35-42.
- De Leersnyder H, Zisapel N, Laudon M. Prolonged-release melatonin for children with neurodevelopmental disorders. *Pediatr Neurol*. 2011 Jul;45(1):23-6.
- Amstrup AK, Sikjaer T, Heickendorff L, et al. Melatonin improves bone mineral density at the femoral neck in postmenopausal women with osteopenia: a randomized controlled trial. *J Pineal Res*. 2015 Sep;59(2):221-9.
- Gonciarz M, Gonciarz Z, Bielanski W, et al. The effects of long-term melatonin treatment on plasma liver enzymes levels and plasma concentrations of lipids and melatonin in patients with nonalcoholic steatohepatitis: a pilot study. *J Physiol Pharmacol*. 2012 Feb;63(1):35-40.
- Hansen MV, Andersen LT, Madsen MT, et al. Effect of melatonin on depressive symptoms and anxiety in patients undergoing breast cancer surgery: a randomized, double-blind, placebo-controlled trial. *Breast Cancer Res Treat*. 2014 Jun;145(3):683-95.
- Serfaty MA, Osborne D, Buszewicz MJ, et al. A randomized double-blind placebo-controlled trial of treatment as usual plus exogenous slow-release melatonin (6 mg) or placebo for sleep disturbance and depressed mood. *Int Clin Psychopharmacol*. 2010 May;25(3):132-42.
- Wade AG, Farmer M, Harari G, et al. Add-on prolonged-release melatonin for cognitive function and sleep in mild to moderate Alzheimer's disease: a 6-month, randomized, placebo-controlled, multicenter trial. *Clin Interv Aging*. 2014 Jun 18;9:947-61.



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



PRODUCT OF CANADA
 Bioclinic Naturals® Canada
 Burnaby, BC V3N 4T6
 www.bioclinicnaturals.com
 1-844-384-7502

FOR PROFESSIONAL USE ONLY. This product is not intended to diagnose, treat, cure or prevent any disease.

© All Rights Reserved Bioclinic Naturals® 2016. August 2016. 50302

Bioclinic Naturals is distributed by Assured Natural Distribution Inc.

Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167th Avenue SE, Monroe, WA, USA 98272

customer service 1-844-384-7502 · fax 1-844-384-7503 · email customercare@assurednatural.com